



Bethel Park Active Life Center

**March
Newsletter 2026**

www.lifespanpa.org

We are a non-profit agency providing critical support and services for Allegheny County residents ages 60 and over. Our programs include Active Life Centers, Meals on Wheels, Care Management, and Protective Services.

Bethel Park Active Life Center is open Monday-Friday 9:00 AM to 3:00 PM

Located at 5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Christie Rethage: Center Supervisor- Bethel Park; Kerriane Troesch: Activity Aide- Bethel Park/Mon Valley

**LifeSpan Bethel Park will be
CLOSED:**

Friday March 20th, 2026

NEED A RIDE?

Did you know that you can sign up for ACCESS/OPT at LifeSpan?
Stop by the office and see Christie, bring your driver's license or photo ID

DAILY LUNCH SERVICE

Lunch is served daily from 11:30 AM-11:45 AM, please arrive on time! Lunch reservations must be made at least **2 days** prior on the center's check-in computer before 12:00 Noon. *A suggested donation of \$2.00 is appreciated*

Please call if you need to cancel so someone on the waitlist can eat

Indoor Walking Track Available

**Monday through Friday
9:00 AM to 3:00 PM**

ADVISORY COMMITTEE MEETING

Wednesday, March 11th
@ 10:00 AM

EDUCATION/WELLNESS

SPEAKERS AND PRESENTATIONS

Tuesday March 3rd @ 11:30 AM during lunch– Mediconnect-

Open Enrollment

Wednesday March 18th @ 10:30 AM–OSPTA Blood Pressure Checks

Friday April 3rd @10:00 AM-12:00 PM– Silver Scripts by Pitt Pharmacy

Students- Medication reviews, Blood Pressure Checks

ACADEMY OF PODIATRY

Thursday March 5th @ 1:00 PM

On-site podiatry/toenail care, callous treatment, ingrown nail removal
and more. Most Insurances accepted.

Call 412-831-7111 to register

Learning to Live in Their World—Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, March 9th, 2026

12:30 PM-1:30 PM

Presented by Jamie Bennett, MSW, NHA, PCHA, Amedisys Hospice

Outreach Specialist.

Monday

LIFESPAN MEN'S GROUP

Monday, March 30th, 2026

@ 10:00 AM

A time for men to socialize,
enjoy **free coffee** & good company

LEARN TO CROCHET W/ DOREEN

Mondays in March @ 10:00 AM

Call 413-831-7111 to register

Limited spots



Every Monday @ 12:15 PM

Beginners welcome!

EASTER COOKIE DECORATING

Monday, March 30th @ 12:30 PM

Sign Up by Monday, March 23rd

LUNCH TIME ENTERTAINMENT

Monday, March 16th @ 11:30 AM

Enjoy Tom Petrozza's fiddle
performance just in time for

St. Patrick's Day!



QUILTING GROUP

Monday March 9th and 23rd

from 12:30 PM-2:00 PM

Come join our group!

CRAFT WITH GENA

Pipe Cleaner Lillies

Monday, March 2nd, 2026

@ 10:00 AM

Hosted by: John F
Slater Funeral Home



BOW MAKING 101 w/ CATHY

Monday, March 16th, 2026

@ 9:30 AM

Learn to make beautiful bows!
Bring your own ribbon— 3 inch wide
by at least 6 yards

TUESDAY

S.A.I.L. EXERCISE CLASS

Stay Active & Independent for Life

Every Tuesday in March
3/2, 3/17 & 3/31 @ 10:00 AM
3/10 & 3/24 @ 12:30 PM

****FREE PROGRAM FOR
LIFESPAN MEMBERS****

Work out with & without chairs,
using exercise balls & weights.
The program is designed to help
you balance & strengthen muscles.



**Stay Active
& Independent
for Life (SAIL)**

LINE DANCING

Tuesdays/Fridays in March

9:30 AM-10:45 AM

\$4 per class

Instructor: Bernie Gillotti



TAI CHI W/ GURNEY BOLSTER

6 week session

Tuesdays from March 3rd-April 7th

1:00 PM-2:00 PM

\$15 Walk-In fee per class

Stop in the office to pay before class

\$2 PIZZA DAY

Tuesday, March 24th 2026

@ 11:45 AM

\$2 per slice or TWO Perks

Must sign up **AND PAY** by March 17th

ST. PATTY'S CRAFT

FELT PIN

Tuesday, March 3rd, 2026



@ 12:30 PM

\$1 per person

EVERY TUESDAY

@ 10:30 AM



Wednesday

LIFESPAN BETHL PARK

SAINT PATTY'S BINGO PARTY

MARCH 18TH

9:30 AM - 3:00 PM
\$15 PER PERSON

SIGN UP BY MARCH 11TH

9:30 - DOORS OPEN

10:30 - ENJOY A PERFORMANCE OF "BLARNEY + BROGUES"

11:30 - LUNCH: SHEPHARD'S PIE, ROLL, BERRY CRISP

12:30 - BINGO BEGINS

PAYOUTS

\$10 REGULAR (6 CARDS PER GAME)
\$15 SPECIAL (2 CARDS PER GAME)
\$50 COVERALL



EVERY WEDNESDAY
starting promptly @ 12:15 PM
Arrive by 12:00 NOON to buy
bingo cards!
(pay with small bills only please, no \$20s)

3/18 is St Patty's Bingo only

\$15 per person



ALASKA CRUISE MEETING

Wednesday, February 4th, 2026

@ 9:30 AM

Are you going to Alaska with us in September? Join us for a quick meeting to discuss trip plans. Still deciding, stop by for more info!

\$250 Deposit due by
March 25, 2026

ADVISORY COMMITTEE MEETING

Wednesday, March 11th, 2026

@ 10:00 AM

\$1 HOT DOG DAY

Wednesday, March 11th, 2026

@ 11:35 AM

\$1 or 1 PERK per hotdog



Sign up and Pay by March 3rd

THURSDAY

LUNCH BUNCH



2329 Penn Ave, Pittsburgh, PA 15222

Thursday, March 19th, 2026
@ 11:30 AM

OPT Pick Up 10:30 AM, OPT Return 1:30 PM

Please sign up by March 12th

BOWLING @ LEGACY LANES

Thursday April 2nd, 2026

Bowl from 12-2PM

Shoe Rental \$5

\$25 per lane for 5 bowlers

OPT PICKUP 11:45 AM

OPT RETURN 2:00 PM

(must have 5 signed up to take group transportation via ACCESS/OPT)

Sign up by March 27th



RIVERS CASINO

Thursday, March 26th, 2026

OPT Pick Up 10:45 AM, OPT Return 1:30 PM

(must have ACCESS/OPT to take group transportation)

Please sign up by March 19th



PIRATES VS COLORADO ROCKIES

Thursday May 14th , 2026

OPT Pick Up 11:00 AM, OPT Return 4:00 PM

\$50 Per Person includes \$10 loaded value for food

Section 107—Undercover Seating—-\$1 Dollar Hot Dog Day

Sign up and Pay by March 27th



FRIDAY

CHAIR EXERCISE \$4 PER CLASS

Every Friday @ 10:00 AM-10:45 AM

NO CLASS Fri 3/20

Instructor: Maryann Gerard



LINE DANCING

\$4 PER CLASS

Tuesdays/Fridays in February

NO CLASS Fri 3/20

9:30 AM-10:45 AM

Instructor: Bernie Gillotti



PINOCHLE



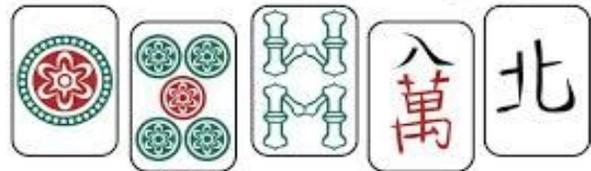
Every Friday @ 12:00 PM

DO YOU PLAY MAHJONG?

Join us on Fridays

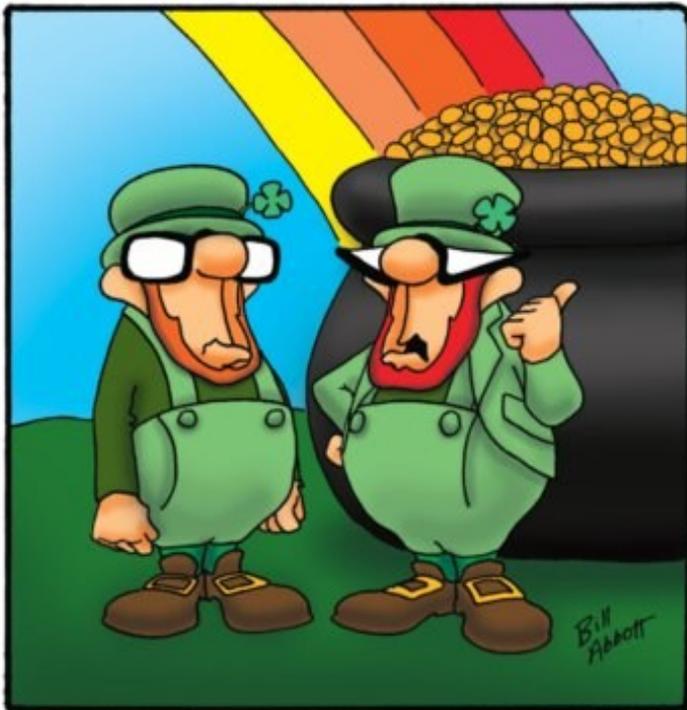
@ 12:00 PM

Bring a set if you have one.



Call 412-831-7111 to sign up

This is NOT a teaching class



“So when I said ‘hide the gold in an inconspicuous place’, you put it under a frickin rainbow?”

MAKE A PASTRY SHAMROCK

\$1 PER PERSON

Friday, March 13th @ 12:30 PM



Sign up by Monday, March 9th

OUT OF CENTER/OVERNIGHT TRIPS



June 7-8, 2026

2 Days & 1 Night

Package Includes:

- *Rt. Deluxe Motorcoach Transportation
- *Deluxe Overnight accommodations just outside the city
- *Full plated Breakfast
- *Sumptuous Luncheon & Wine tasting at Tomasello Winery
- *Afternoon Wine tasting at Cape May Winery
- *Dinner & Entertainment at a fine local restaurant
- *Sightseeing Dolphin & Whale watch Cruise
- *Free time to explore Cape May's Washington Street Mall
- *Visit to Sunset Beach and the Cape May Lighthouse

\$100 Non-Refundable Deposit required to secure your spot. If we do not reach a minimum of 40 people, your deposit will be refunded.

Travel Insurance

If you wish to purchase Travel insurance, go to our website www.seniorexcursionsinc.com and click the **RED** Travel insurance button on bottom right and follow instructions.

Package Price: \$350.00 / pp dbl
Single Room Add: \$70.00

For Information & Reservations Contact
Christie Rethage @ 412-831-7111

*Final payment is due by April 17th.



March Madness Word Search

CHAMPIONSHIP	N V I C T O R Y A X J E D X U C A V A U W J I K
	G A F Q T E D D J O H W U Y Y E W K J J D F P A
UNIVERSITY	J K I T A S U J B B D H C A O C Z Z C Q X F W O
	S T A D I U M D H P X E L B B I R D P R S A C L
TOURNAMENT	U U Z E D F K U Y D I S K L A C K Z V J O Z F M
	Y D T C R A O N T Y T O U R N A M E N T V C W A
BASKETBALL	N A R I R E T E L H T A V R D S F C B N B H W M
	I T M O B B R A C K E T S C K I H Z A L H A C J
ATTENDANCE	Y E S N E F E D U A Q H J M O B O N S V B M Z L
	I S S F V Q W H P T I R I P S P Z O K T W P L Q
GYMNASIUM	J Z B A J Z H W Z V E Z L V L R M N E D E I Y L
	B Y V J V N O T Q K A V T K D A P V T X Y O E K
PRACTICE	E T E H Y C W X E A T X M P V C L Y B A B N Z U
	Z B T K C A Z H Q U T O U Y W T I C A W S S V U
NATIONAL	Q B G J O T W P Y B E B I C U I B Q L N N H O N
	Y Y W I H S X C L W N I S W N C R Z L W Q I H X
STADIUM	X E M L C J I T F R D B A A I E E V X S E P X Z
	B G D A O M A Y H L A N N Q V K F G K U Y S E S
REFEREE	G E P N I I J A O Q N F M K E X E P N E C O Y A
	Y L K O F S Y R X B C D Y O R S R W W Q Q S R K
DEFENSE	S L T I U D V V Y K E J G D S E E T I R Z W M Z
	B O V T F W D E S N E F F O I B E I R M Q P B K
OFFENSE	A C H A P Z E F X H H I G M T O E F D U I S A P
	F K N N X P U E J F L U O F Y N U R P F B F Y J
VICTORY	
DRIBBLE	

March Word Scramble

COLLEGE	CNSTIE	_____	OLERVC	_____
BRACKET	TEYBUFLRT	_____	LOOMB	_____
ATHLETE	TPCAIRK	_____	KULC	_____
SPIRIT	REENG	_____	SRTAEE	_____
COACH	RDGENA	_____	ROWNABI	_____
FOUL	REWOFL	_____	CICPNI	_____
	IKET	_____	MHCROSKA	_____
	RAMHC	_____	ESSOAN	_____
	IGNSPR	_____	FDOFDIAL	_____
	PAARDE	_____	QXUNOEI	_____
	YDNWI	_____	SBAKETBLL	_____
	PCHRAUNELE	_____	LOUDROTOS	_____



Mon	Tue	Wed	Thu	Fri
<p>2 Petite Beef Tenderloin Marsala (1 Sl Beef w/ Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 762</p>	<p>3 Chicken Caesar Salad (1/2 C Grilled Chicken, Parmesan Cheese) 2 C Romaine Lettuce 1 C Tomato Soup 1 Pkt Croissants WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726</p>	<p>4 Stuffed Cabbage (1 Pc w/Shredded Mozzarella) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Peaches Cal 765</p>	<p>5 Chicken Parmesan Sandwich (Breaded Chicken Breast, Sauce, Mozzarella Cheese) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll 1 Sl Pound Cake w/1/4 C Berries Cal 826</p>	<p>6 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Caribbean Vegetable Blend 1/2 C Cilantro Lime Rice WW Bread w/Margarine Fresh Orange Cal 613</p>
<p>9 Turkey & Swiss Croissant Sandwich (3 Sl Turkey, 1 Sl Cheese, WG Croissant) 1/2 C Coleslaw 1 C Med. Vegetable Soup 1/2 C Fresh Grapes Cal 630</p>	<p>10 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Veggie Fried Rice WW Bread w/Margarine Fresh Orange Cal 611</p>	<p>11 Broccoli Cheese Stuf. Chicken 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Applesauce Cal 659</p>	<p>12 Swiss Steak (1 Beef Patty, 2 Tbsp Tomato Gravy) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 700</p>	<p>13 Baked Three Cheese Pasta Florentine (1 C Three Cheese Pasta w/1/4 C Spinach) 1/2 C Italian Normandy Blend Garlic Breadstick Mixed Fruit Cal 631</p>
<p>16 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese) WW Sandwich Roll 1/2 C Broccoli & Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899</p>	<p>17 BBQ Chicken Breast (1 Chicken Breast) 1/2 C Sautéed Greens 1/2 C Buttered Chuekwagon Corn WW Bread w/Margarine 1/2 C Diced Peas Cal 622</p>	<p>18 Shepard's Pie WW Biscuit w/ margarine Berry Crisp *This is a special menu, MUST sign up by 3/11*</p>	<p>19 Grilled Chicken Morray (1 Breast w/ 1/4 C Sauce) 1/2 C Buttered Green Beans 1/2 C Pasta Shells w/Sauce 1/2 C Fresh Fruit Salad Cal 613</p>	<p>20 Centers Closed</p>
<p>23 Meatballs Rosini (3 Meatballs) 1/2 C Cauliflower & Peas 1 C Tossed Salad 1/2 C Penne w/Sauce WW Bread w/Margarine Jello Cal 867</p>	<p>24 Roast Turkey (1 slice) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Combread Stuffing WW Bread w/Margarine 1/2 C Mixed Fruit Cal 652</p>	<p>25 Pork Carnitas (1/2 C Seasoned Pork) WW Tortilla 1/2 C Cabbage Slaw 1/2 C Mexican Rice 1/2 C Mandarin Oranges Cal 601</p>	<p>26 Honey Mustard Chicken Salad (3/4 C Diced Chicken) w/ Salad (Lettuce/Tomato/Cucumber) 1 C Zucchini Parmesan Soup WW Bread w/Margarine Fresh Pear Cal 640</p>	<p>27 Spanish Omelet (1 Omelet w/Cheese & Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Croissant w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 600</p>
<p>30 Smothered Pork (1 Sl Pork, Caramelized Onions) 1/2 C Roasted Sweet Potatoes 1/2 C Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 674</p>	<p>31 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1SS Cup Guacamole 1/2 C Fresh Fruit Salad</p>		<p>SPECIAL DAYS: 3/11—Sl Hot Dog Day Sign up by 3/4 3/18—Special Bingo Party Sign up to eat by 3/11 3/24—\$2 Pizza Day Sign up AND PAY by 3/17</p>	<p>March 8 Spring Forward! Daylight Saving Time</p> 